



WHATSheATE



Red Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 3 bay leaves
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon paprika smoked spanish hot (Pimentón de la Vera)
- ☐ 0.8 cup bell pepper red chopped

- ☐ 2 teaspoons salt
- ☐ 2 tablespoons tomato paste
- ☐ 4 cups water
- ☐ 3 cups rice long-grain white

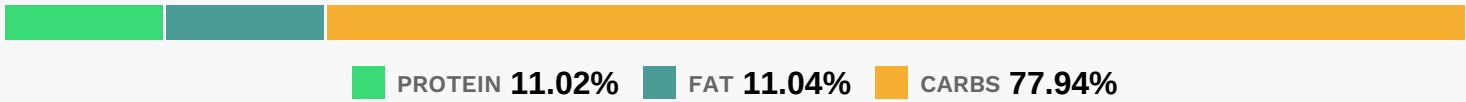
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Sauté chopped bacon in heavy 4-quart saucepan over medium-high heat until bacon is brown and fat is rendered, about 5 minutes.
- ☐ Add onion, red bell pepper, and garlic; sauté until onion is golden, about 5 minutes.
- ☐ Add rice and stir until coated, about 1 minute. Stir in bay leaves, tomato paste, cumin, paprika, and salt.
- ☐ Add 4 cups water and beans and bring to boil. Reduce heat to medium-low; cover and cook until rice is tender and liquid is absorbed, about 18 minutes.
- ☐ Remove from heat; let stand covered 10 minutes. Fluff rice with fork.
- ☐ Remove bay leaves.
- ☐ Transfer rice to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:37.05, Inflammation Score:-7, Nutrition Score:12.427825954945%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 353.22kcal (17.66%), Fat: 4.29g (6.61%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 63.31g (23.02%), Sugar: 3.11g (3.46%), Cholesterol: 5.45mg (1.82%), Sodium: 816.52mg (35.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Manganese: 1.03mg (51.62%), Vitamin C: 21.21mg (25.71%), Fiber: 4.94g (19.77%), Selenium: 13.35µg (19.08%), Vitamin A: 944.77IU (18.9%), Phosphorus: 169.59mg (16.96%), Copper: 0.3mg (14.79%), Vitamin B6: 0.29mg (14.64%), Iron: 2.2mg (12.24%), Magnesium: 45.56mg (11.39%), Potassium: 373.25mg (10.66%), Vitamin B3: 2.12mg (10.61%), Vitamin B1: 0.16mg (10.49%), Vitamin B5: 0.92mg (9.24%), Zinc: 1.38mg (9.22%), Folate: 30.69µg (7.67%), Vitamin B2: 0.11mg (6.75%), Calcium: 58.19mg (5.82%), Vitamin E: 0.8mg (5.33%), Vitamin K: 4.24µg (4.04%)